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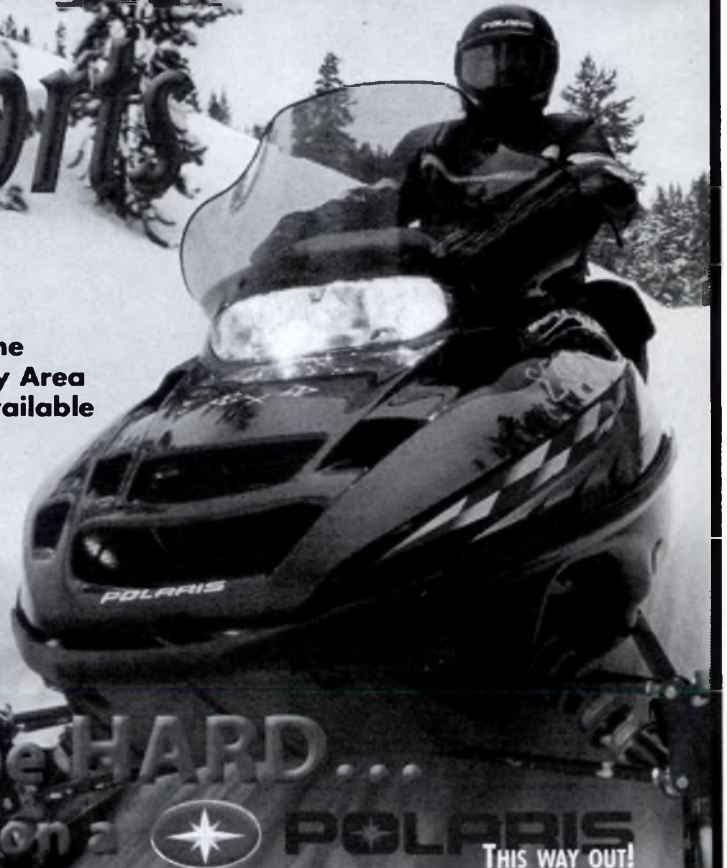


Life can be HARD...
but not on a



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JUST RIDING ALONG IN "YOUR" AUTOMOBILE

A cousin of mine was getting married and here I was in Chisasibi. I looked for a ride to make it to Chibougamau where the wedding would be taking place but all the rides seemed to be full or had left already. That was Thursday night and the wedding was on Friday. I did something I would never do outside of Cree country - I decided to hitchhike. On Friday I got up at 7:30 and had my thumb in the air by 8:00 a.m.

The first ride was from a Chee-Bee construction worker who took me as far as the gate. You know the one where they check all incoming vehicles for alcohol as Chisasibi is a dry community. I waited there for a while and got picked up by a tourist from France who had been out to the old Fort George island. He was a nice guy who was looking to see how the Indians lived. He was on his way to Radisson so he dropped me off at the main highway.

While waiting for my next ride a lot of people stopped to see how I was doing but they were full. Another Cree from Nemaska picked me up and took me as far as there. Good company and good conversation. The ride went fast that way.

Next, a group of Americans who had been coming into Eeyou Istchee for the past seven years gave me a ride as far as Rupert's River. They were planning to drop the

canoes in and do some fishing. Next up was a Mistissini Eeyouch who drove me to Chibougamau. We arrived at 9:10 p.m.

I was too late for the wedding but made it to the reception where I was well received by all.

Only in Cree country would I expect to do something like that and not worry about something bad happening to me on the road. In fact, only the next day, when I took a taxi from the hotel to try and find a ride home, did I experience anything remotely bad. I was ripped off by the Co-op taxi driver. I gave him a \$20 and said to make it a \$7 ride. I thought the tip I gave him of \$2 was pretty good but it wasn't until later I realized he only gave me \$3 back. I guess the time I had spent in the Cree communities and on the road put me in a situation where I let down my guard.

My ride had also left without me but that was alright as I hitchhiked home and was picked up by one of those cars who had stopped to see how I was doing on the main road after Chisasibi. She had dropped off all her passengers and now had room for me.

All's well that ends well but watch your back when you hit civilization, you hear.

by Will Nicholls

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ON THE COVER

The Arrow
Photographer: Unknown
Cover Design: Mona Laviolette

Anadromously Speaking

One of the things that I like about myself is that I come from a salt-water community. It's the brine in the air that made my community not quite a unique community but similar to other enhanced places like Wemindji, Attawapiskat and the like. The taste of salt in the air seems to make your day a little fresher as you wind through the cresting waves fighting the current and even larger waves from all directions. This creates fear in those who know not the bay and its islands and green-horns reel in horror when we tell them that these are just small waves.

These waters are home to the anadromous trout, or sea trout, which I think, when smoked lightly, is the best tasting fish next to the white fish that abound in many tightly packed schools. Sea trout cruise the bay waters for seven years before returning to their place of birth to spawn and sometimes you can get the fourteen year old ones, which have grown to tremendous sizes. Other fish found here are cod, which are not fished and come in extra, extra large size, (don't tell the Newfies, otherwise they'll be here in a century or two and fish only the bigger, sparking another fishy war like burnt church, except we'll send the lawyers out in the boats and see if they sink or swim).

It was with these red flesh-colored fish in mind that we set out to the bay near Governor's Island and cast for those elusive trout. Buddy caught a nice one with his first cast and that was it for the day, so we turned our attention to the many berries that covered the ground. Goose, blue, black and raspberries were

on the menu for the next few hours as the warm wind blew from the land, making us feel that this was a good day to be out in the bay.

"This is the life." I told the greenhorn. I came out in the bay with Buddy, who happened to take out a southerner and a few friends and I hopped on to kill time and enjoy the sunny day. Greenhorn came from Montreal and it was the first time out in a freighter canoe. "This is the first time I went on a boat like this," he yelled over the wind and spray. "The waves are a little big and it's very windy! Do you think the waves will be bigger out in the bay?" he queried. Somehow, I felt like a tour guide and I rambled on about my home town that I was born at that particular spot, the general history of my people, how tourism effects the economy and how bad the media can hurt a small industry by poking fun at tour operators.

"I read in the Magazette that some tourists had taken a tour of the island and the bay and a local had hopped in with them, then charged the tourists a hundred dollars afterwards," he commented further, "I think that kind of action is rare and I'm enjoying myself." So am I, I thought, while wolfing down raspberries by the handful. It was one of those beautiful sunny days when the bugs weren't out. It wasn't unbearably hot, like Montreal, where my comrades dared me to write about their heat-fest, simmering in 34 degree weather, in an air-conditioned office no less. Tough for them. Give me the fifty-fourth parallel any day.

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2ND ANNUAL BURNT CHURCH LOBSTER FESTIVAL

Though the season may officially start on August 20 for Burnt Church residents, some are already on the waters in defiance of the DFO wishes. JJ Bear, communications officer of the Atlantic Congress of Chiefs, says he hopes there will be no confrontations like last year. Bear said, "the DFO has done squat" to alleviate the situation. Burnt Church has repeatedly refused to sign short-term interim agreements with the Canadian Government saying that only if there is a conservation question is the government allowed to get involved and their fishing plan has essentially the same regulation and conservation measures as the DFO. Bear said it seems like a stalemate situation at the moment, but all the Chiefs support what Burnt Church is doing. Some bands even gave Burnt Church lobster traps to replace what was taken by the DFO last year.

Brian Bartibougue, a Burnt Church community spokesperson, said that there have been some talks with the DFO, but Burnt Church negotiators had no mandate to negotiate any deals. The community's will to control their own fishery has been expressed in three Band Council Resolutions and one referendum, according to Bartibougue. "I don't feel the Canadian Government is dealing in good faith with us," he said. "My people have known great hardships because of what we are doing. It's not just about lobsters. It's treaty rights and our ability to control our own destiny."

Bartibougue lamented the fact that the last regional head of

Indian Affairs for the area, "a Mr. Montour, who was a Mohawk," was replaced by James Wheelhouse. Wheelhouse was a former DFO employee, a fact that Bartibougue finds chilling given the seriousness of the situation.

Bartibougue said that his community is also totally opposed to the unilateral actions of Indian Affairs and the Governance Act. "We oppose the Minister of Indian Affairs and his gunboat diplomacy when it comes to Natives," said Bartibougue. He feels Canada is going in the wrong direction in dealing with Natives. "It's not just Burnt Church but all across Canada," he said.

Bartibougue said that First Nations Bands who get media attention seem to be targeted by Indian Affairs and put under fiscal management while experiencing other penalties. "Even though we had a great plan to take care of our debt it meant nothing," he said. "Canada talks about poverty in First Nations communities but in reality they are the ones who put you there."

Bartibougue said if a band doesn't sign the deal Ottawa offers then they'll end up being strapped for cash, or rammed and the list goes on. "They have infinite resources compared to us," he said.

In spite of the resources arrayed against them Burnt Church will continue in their struggle. "We're trying to keep the RCMP at bay and we're expecting that the DFO will ram us again, but we know what we are fighting for is ours by rights and treaties," he said.

Will Nicholls

Native War Hero's Medals Return To Family

Medals that had belonged to aboriginal war hero Tommy Prince were to be returned home to Winnipeg after family members made the highest bid at an auction held in London, Ontario on August 9. Cheers filled the room when the 10 medals were bought by Prince's family for the sum of \$75,000.

Prince, who served in World War II and the Korean War, was a member of the renowned Devil's Brigade and is considered Canada's most decorated Aboriginal war veteran. Among his medals were the U.S. Silver Star and the King George Military Medal, which he received at Buckingham Palace from King George VI. He had also been recommended for the French Croix de Guerre but, ironically, the courier bearing the dispatch had been killed. The medals were first auctioned off in 1997 by a Winnipeg coin-dealer after they had turned up some 20 years after Prince had passed away. Money and pledges came in from across the country to help Prince's family reclaim the medals. The opening bid of \$72,000 came as a bit of a shocker when announced by auctioneer George Papaspyrou, as many felt the bidding would have started closer to the reserve bid of \$20,000. "We're bringing them home," said Jim Bear, Prince's nephew and a respected member of Winnipeg's Native community.



Let us know:

Is there a powwow, gathering, festival, tournament or other community event that you want people to know about?

Is there something that the company or organization that you work for is doing that should be noticed by others?

Is there someone in your community like an Elder or other role model that you think deserves to be recognized?

Does you have a news tip?

Do you have a story that would make people laugh?

Call *the Nation* at 514-272-3077

Ask for Will or Brian Z.

****Confidentiality assured****

My Spirit's Yearning

I sit watching the clouds
drift slowly by
Forming soft puffs of
unique fragmented art in
the clear blue sky
My thoughts begin to
wander in sweet aspiration
To days gone by, to
tranquil moments
Among the fields of
nature's untouched beauty

My spirit heeds an intense
yearning
As an old familiar smell of
firewood lingers on
I long to touch those fresh
spruce boughs
Neatly tucked throughout
the old teepee floor
I seemingly breathe in its
sweet healing aroma

My spirit years for the
gentle breeze
As it ascends freely upon
my weary face
My heart hungers for the
cool refreshing raindrops
As the cleansing waters
descend upon my skin
I catch a smell of sweet
perfume of fresh flower
fields

And I shed a tear in
reminiscence
Of days gone by, to
tranquil moments
Where my spirit once
found peace
Among the fields of
nature's untouched beauty
Where my spirit was made
whole

Annie Bosum



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DELTA HOTEL CHAIN BOYCOTT URGED BY COON COME

By Dan Rosenberg

reprinted from the Eastern Door

Matthew Coon Come, National Chief of the Assembly of First Nations, is calling for a boycott of the Delta Hotel chain by all First Nations citizens in Canada. According to an AFN press release, the chain is behind the attempts by the Sun Peaks Resort Corporation to have members of the Seewepme Nation arrested for setting up a camp on their traditional territory.

"The Delta Hotel chain has put its financial interests ahead of the recognition of the Aboriginal Rights of the First Nations who own that land," said Coon Come.

"The Delgamuuk'w decision of the Supreme Court of Canada has clearly stated that Aboriginal title exists in British Columbia and that the economic and legal right to the land still belongs to First Nations.

"The private interests behind this project are acting as if we didn't exist and their interests are the only one worth protecting. We must show them they are wrong and the bottom line is the way to direct that message."

The First Nations who have set up camp on the land are citizens of the Neskonlith and Adams Lake First Nations. The group includes Irene Billy, a 74-year-old elder. The Natives have been served with an injunction ordering them off their own land or else face arrest. Since the contingent has decided not to leave, the Sun Peaks Resort Corporation applied for an enforcement order to have the protesters forcibly removed from the land.

According to AFN, the hotel chains wish to develop that land as part of the Sun Peaks Ski Resort complex. The action is proceeding despite a land claim by the Nation on that territory.

Preliminary Decision on Softwood Lumber Dispute

A coalition of environmentalists and first nations were buoyed by a recent U.S. Department of Commerce decision to impose countervailing duties on Canadian lumber

imported into the United States. The duty was levied to deal with the imbalance caused by Canadian subsidies to the lumber industry. The preliminary decision in the countervailing duty case, rendered by the U.S. Department of Commerce on August 10, 2001, assesses a retroactive duty of 19.3% on Canadian softwood lumber exports to the United States.

While Canada and the U.S. have begun a process for developing solutions to the softwood lumber trade dispute that will deal with forestry reform issues such as environmental protection and the enforcement of environmental laws, First Nations issues are not on the agenda.

"The same mechanisms, generous subsidies and over-cutting, that give Quebec companies a clear advantage over the U.S. also are contributing to the destruction of the Cree way of life," said Romeo Saganash, representing the Grand Council of the Crees. "This decision shows Quebec and Canada the importance of addressing the full range of forestry reform issues, including the First Nations concerns."

A coalition that included the Natural Resources Defense Council, the North-west Ecosystem Alliance, the Interior Alliance of B.C., and the Grand Council of the Crees had petitioned the U.S. Secretary of Commerce on May 10, 2001, to seek additional duties on Canadian lumber to those being sought by the U.S. timber industry. The coalition claimed, among other points, that violations of Cree treaty rights in Quebec were in effect connected to hidden subsidies in the logging industry. While the August 10 decision is but a preliminary step in the countervailing duty case, a final decision will be made by the Department of Commerce by late 2001 or early 2002.

Lunch Meat Recall

Consumers are being warned by Schneider Foods to avoid eating certain lunch meat products that may contain dangerous bacteria. Schneider has listed five varieties of sliced meat, sold in 175-gram packages, that may be contaminated with *listeria monocytogenes*. The packages that may have been contaminated, and were distributed nationally, are all stamped with a best

before date of August 22. They include: Schneider's Sliced Cooked Ham, UPC code 062000318288; Schneider's Sliced Meat, Macaroni and Cheese Loaf, UPC code 062000315348; Schneider's Sliced Mock Chicken Meat Loaf, UPC code 062000317397; Schneider's Sliced Ham and Bacon Meat Loaf, UPC code 062000318950; Schneider's Luncheon Meat Loaf, UPC code 062000315263.

NATIVE SUICIDES SPREAD IN NORTHERN ONTARIO

The suicide rate across northern Ontario may hit record levels as the epidemic of youth suicides has now spread to communities that were previously untouched by the tragedy.

Out of the 49 northern reserves in the area, 16 suicides have been recorded so far this year. Last year's total of 26 was the highest number ever recorded in northern Ontario.

So far, there has been one suicide in Sandy Lake First Nation, one at Pelican Falls High School in Sioux Lookout, and four in Muskrat Dam First Nation. All three communities had not been affected by the crisis before. Health officials are calling for measures to be taken to implement a region-wide suicide protocol. The protocol would need to address media strategies, prevention, crisis response, and counselling.

The numbers are cause for concern. The 16 suicides are the highest to date for a six-month period. The average age of suicides is getting younger and there are an increasing number of young women taking their own lives. Pikangikum First Nation has had seven young people die since the beginning of the year. Pikangikum had eight suicides, mostly young girls, last year.

There is much work to be done in an area that suffers from 80% unemployment. An intergovernmental committee on youth suicide is tackling the issue of managing the crisis in the north. Groups such as Health Canada, Community and Social Services, the Nishnawbe-Aski Nation, Indian Affairs, the Ministry of Health and the Solicitor General are involved in efforts to improve communication and service coordination.



The Cree Construction and Development Company Ltd

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The candidate must be flexible in terms of travelling occasionally.

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In addition to self-sufficiency, good communication skills and leadership, the incumbent should have the following knowledge:

- College or university degree in industrial relations or in administration, though specific experience in the management of human resources field may be considered sufficient;
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SHALL WE GATHER AT THE (BIG) RIVER



Violet Pachanos said she was honoured to have Chisasibi host the 6th Annual Cree Nation Gathering. The Gathering took place from August 7-9, 2001 and saw Crees from all over Canada show up. Pachanos said she liked the fact that the Gathering brought together so many people "who want to make a better life for our people and their local economies." This year's theme was about business, after all. "It was a successful Gathering," said Pachanos.

Among the invitees who didn't show up was the Governor-General of Canada who instead sent a message of "warmest greetings." The GG said she has spoken to Aboriginal Peoples about "trying to bridge traditional lives and the modern age," something that should be combined with practical wisdom she feels. She hoped the Gathering would help the Crees decide what is best for "your people."

Chief Rod Whitney extended his best wishes to the James Bay Cree from the western Crees. He honoured Steven Bearskin and referred to National Grand Chief Matthew Coon Come warmly. He said that things were going better for Natives and





gave proof of that. He said that there was a 700 per cent increase in self-employed or Native-owned businesses and that Aboriginal businesses were a major source of jobs for people on reserves. An interesting statistic he brought up was that Aboriginal people today are two times as likely to operate and own their own business as non-Natives.

Another speaker was James Bobbish who talked about diabetes and the need for more resources for clinical and prevention needs. "This is a common problem for all Crees everywhere," he said. Bobbish also talked about the trip through the Heartland of Eeyou Istchee and how that helped to get the dialysis machines so desperately needed by the Cree patients. Bobbish said it all started with a letter from a Cree woman who was in Matagami. Her letter inspired the late James Shecapio. Bobbish said that this is how partnerships happen. "It was a small beginning that had an extraordinary result," said Bobbish. There was a screening of a video on the walk that was moving.

During the day there were meals available, at no cost, of traditional foods. They were tasty as I can attest. The company was good in the tents.

In the evenings there were concerts. The host was an Inuit. As a matter of fact, he was the famous crying Inuit. You may have heard his song called "I miss my girlfriend" where he breaks down in tears and cries while singing. It brought tears of laughter to many and he broke the laughter to the evening shows. The musicians were from all over the Cree Nation, within and without Eeyou Istchee.

All in all Chisasibi deserves a round of applause for what they did.



14th Annual Mistissini Invitational Senior Fastball & Softball Tournament

Story and photos- Will Nicholls



14th Annual Mistissini Invitational Senior Fastball & Softball Tournament
Aug. 9-12, 2001

It was a heartbreaker that seemed to go on as Mistissini started off an inning with a home run by Steve Tremblay. The second inning saw another home run, but by the Lac Simion team. It almost seemed over when Lac Simion walked five players, but it wasn't over by a long shot. Matthew Trapper played in ripped pants much to the enjoyment of the crowd. Mistissini was still ahead. Then it started getting hard as the scores, like in so many of the final games, showed anyone could win.

People were on the edge of their seats. I remember taking one picture where spectators said I should have the umpire join the winning team. People take their baseball seriously in Eeyou Istchee but one spectator said he didn't like the fact that women's baseball has all but disappeared in the past two years.

Personally, I enjoyed the fact that I liked the game without the traditional beer or two and the crowd seemed to agree with me. It was baseball at its best with all the fans rooting for their home team. An enjoyable time where everyone's a winner.

INDIVIDUAL AWARDS MIDGET FASTBALL (BOYS)

BEST INFIELDER: Ashley Gilpin (Eastmain)
BEST OUTFIELDER: Ryan Petawabano (Mistissini)
BEST CATCHER: Darren Gilpin (Eastmain)
BEST PITCHER: Robert Jimikin (Mistissini)
M.V.P.: Shawn Tomatuk (Eastmain)

MEN'S SOFTBALL

BEST INFIELDER: Steve Tremblay (Mist.Stansmen)
BEST OUTFIELDER: Gary Snapie (Lac Simion)
BEST CATCHER: Eric Benac (Mist.Stansmen)
BEST PITCHER: Hugo Cowboy (Waskaganish)
M.V.P.: Steve Tremblay (Mist.Stansmen)

MEN'S FASTBALL

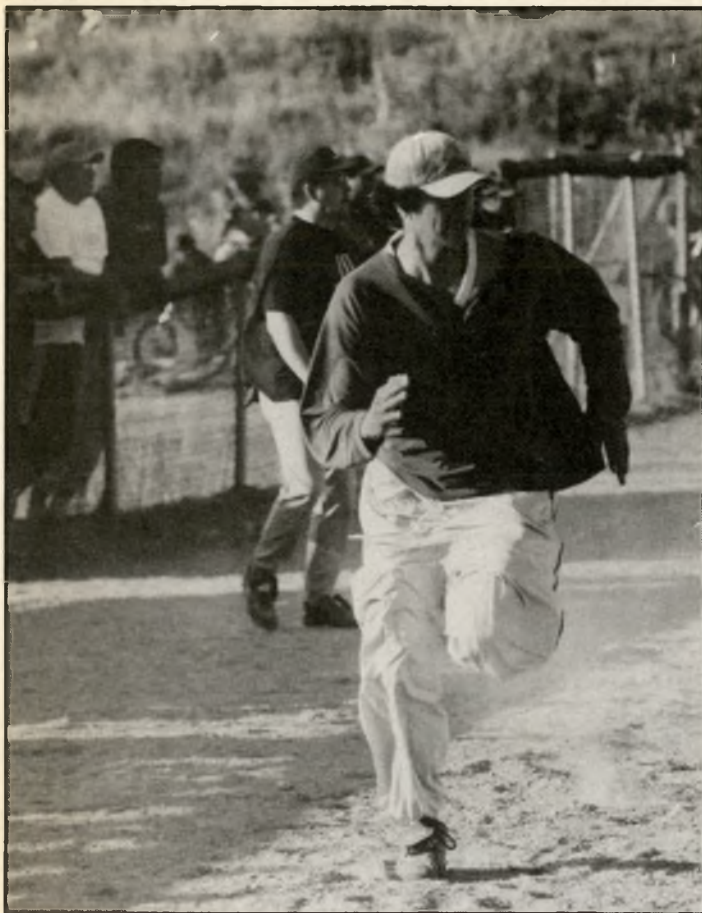
BEST INFIELDER: Paul Petawabano Jr. (Mist.Outlaws)
BEST OUTFIELDER: Chris Cooper (Waswanipi Arrows)
BEST CATCHER: Howard Hester (Waskaganish Hurricanes)
BEST PITCHER: Gary Hester (Waskaganish Hurricanes)
M.V.P.: Benny Blacksmith (Waswanipi Arrows)

THURSDAY, AUGUST 9, 2001

MISTISSINI BUTTERFLIES	14	WASWANAPI	5
MISTISSINI STANSMEN	15	OUJE.TOMAHAWKS	2
MISTISSINI OUTLAWS	3	OUJE.BULLDOGS	3

FRIDAY, AUGUST 10, 2001

WASKAGANISH	14	CHISASIBI CYBER RAYS	6
WASWANAPI INDIANS	0	OUJE.TOMAHAWKS	5
EASTMAIN JR. FIREBALLS	5	WASWANAPI	3
LAC SIMON BADBOYS	0	MISTISSINI STANSMEN	5



WASKAGANISH 5	EASTMAIN FIREBALLS 3
OUJE.BULLDOGS 1	WASWANAPI ARROWS 2
MISTISSINI BUTTERFLIES 8	CHISASIBI THUNDER 5
MISTISSINI OUTLAWS 3	WASKAGANISH 4
CHISASIBI CYBER RAYS 5	WASWANAPI INDIANS 0

SATURDAY, AUGUST 11, 2001

EASTMAIN FIREBALLS 7	OUJE.BULLDOGS 0
WASKAGANISH 2	WASWANAPI ARROWS 1
EASTMAIN JR. FIREBALLS 9	CHISASIBI THUNDER 13
WASKAGANISH 14	LAC SIMON BADBOYS 7
OUJE.TOMAHAWKS 24	CHISASIBI CYBER RAYS 14
MISTISSINI OUTLAWS 1	EASTMAIN FIREBALLS 2
WASKAGANISH 7	OUJE.BULLDOGS 0
CHISASIBI THUNDER 8	WASWANAPI 9
MISTISSINI 3	EASTMAIN JR. FIREBALLS 13
EASTMAIN FIREBALLS 0	WASWANAPI ARROWS 5

WASKAGANISH 8	MISTISSINI STANSMEN 7
LAC SIMON BADBOYS 5	WASWANAPI INDIANS 0
WASWANAPI ARROWS 6	MISTISSINI OUTLAWS 4

SUNDAY, AUGUST 12, 2001

SEMI-FINALS

MEN'S SOFTBALL:

(3 RD) Ojay Tomahawks 12	(2 ND) Mist.Stansmen 15
(4 TH) Lac Simon 11	(1 ST) Waskaganish 4

MIDGET FASTBALL:

(3 RD) Chisasibi 5	(2 ND) Mistissini 8
(4 TH) Wawanipi 3	(1 ST) Eastmain 10

MEN'S FASTBALL:

(3 RD) Eastmain Fireballs 1	(2 ND) Waswanipi Arrows 3
(4 TH) Mistissini Outlaws 6	(1 ST) Waskaganish Hurricanes 7

FINALS

MEN'S SOFTBALL:

Mistissini Stansmen 18	Lac Simon 17
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MIDGET FASTBALL:

Mistissini Butterflies 6	Eastmain 7
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MEN'S FASTBALL:

Waswanipi Arrows 5	Waskaganish 3
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On Top of the Water

Xavier Kataquapit

It has been very hot for the past few days. I have been doing a lot of summer things that are new to me, like sailing and recreational swimming. I do not do too well in the heat so I have been seeking relief from the scorching sun by going into the water. I never learned to swim so I usually wade out into the water with a friend who can. Lately I have been learning a few swim strokes and I have gotten to the point where I can actually float on my back.

As a young boy growing up in my home community of Attawapiskat on the James Bay coast I spent many hot days in the water along the Attawapiskat river during our short summers. Most people swam near the launching sites of freighter canoes on the riverbank in front of the community. I usually enjoyed wading in the water near the hospital and church where a gravel road ran from the top of a steep bank and down into the river. It was a popular spot because the gravel road led to a major canoe-launching site and to a small island that could provide the better swimmers with a place to access deeper water. During low tide the receded water would allow access from the small island to the larger Potato Island on the river. At the lowest point of the tide it was possible to walk from the Potato Island to a sand bar which provided a link to a cleaner and fresher main flow of the river.

Many of the people I know up north do not know how to swim and there are many reasons for this. One prominent reason has to do with the fact that our summers are usually not that long and there are not many warm days to go swimming. Most of the time people don't even think about swimming in the frigid waters of the Attawapiskat River or in any of the lakes surrounding the community. After all, the rivers and lakes are frozen even in the month of May and our first snow comes in October. All of my memories of swimming back home have to do with being in really cold water.

Another reason why people don't learn to swim back home has to do with the irritating dense swarms of mosquitoes and black flies. Any exposed skin is an open target to these insects. It has never been a natural recreation for us to strip almost naked in the midst of these insect swarms to enter freezing water.

On really hot summer days my parents took the family out for a day in the water. At high tide dad loaded everyone onto the freighter canoe to motor us all out to a sand bar for a day on the water. The freighter canoe, which dad anchored to the shore, floated out to act as a sort of dock as we played in the shallow water of the sand bar. Dad took his place at the back of the boat at the controls of the outboard motor to watch over everyone. Mom sat on the center bench of the canoe where she could reach each of us in turn to scrub us with soap and shampoo. This bathing in the river was a luxury to us as we had no running water in the community when I was young. It was only during the early 90s that Attawapiskat received its running water and sewage system.

The water on the Attawapiskat River has a dark tea color to it because of the mushkeg and vegetation. However, it is clean and drinkable when taken from the main channel. I have always taken for granted that water is clean and safe to drink. Over the past few years with news reports of people dying from drinking water I now find myself being very cautious about the water I drink and swim in.

The lakes and rivers down here to the south are warmer for swimming but they are contaminated in many ways. One big problem is run off from farms. Another is the pollution from industry. Up on the James Bay coast we still have clean rivers and lakes because there is no farming and no industry. Perhaps putting up with cold water was not all that bad.

The Arrow Flies

by Brian Zelnicker

Kwanah Sioui Moar, a Huron-Cree from Wendake, Quebec, has been taking the world of downhill mountain biking by storm. Nicknamed "The Arrow," for the speed and accuracy with which he attacks the demanding race courses, the 17 year-old phenom has been turning heads with his uncanny and seemingly natural ability to tame mountains and defy the laws of gravity.

The youngest of three brothers, Kwanah began competing at age 15 after entering a race at Mont Tremblant for fun and winning by a comfortable margin of nine seconds. He went on to win all of his races that year except for one in which his chain fell off and he finished third. Kwanah was the Quebec Champion in the Cadet class in 1999, winning the Quebec Cup in the same year. In 2000, he was promoted by the Canadian Cycling Association and competed at the Junior Expert (17-18) level even though he was still Cadet age. After being noticed by older competitors and coaches involved in the sport, The Arrow was the only Quebec downhill biker invited to participate in the Sports-Studies program in Bromont.

The word on the Arrow, not just from proud parents Carole and Andrew, is that he is blessed not only with a rare talent, but with a positive attitude. Born in Quebec City, Kwanah grew up in Waswanipi, Val d'Or, St. Adolphe D'Howard, and Wendake. He hunted, when he was younger, with his late grandfather in the Chibougamau area and still hunts with his uncles when he's not racing. He is said to have started riding a bike at about the same time he started walking. Having just returned to Quebec from racing in British Columbia, Kwanah took time out from his busy schedule to talk to *The Nation*.

The Nation: What did it feel like the very first time you tried downhill mountain biking?

Kwanah: Well, pretty much my whole life I've been into biking. First I started off doing cross-country endurance, but I didn't really like going up hills. A year after that my dad bought me a downhill bike and I was immediately in love with it and I knew this was the sport for me. The first time I tried it I was really happy doing it. It was at Mont Ste. Anne on the world cup course. My friend who brought me had been doing downhill for a few years and he said that for my first run I had amazing talent. He helped me to get into the sport.

What made you try downhill?

I started doing cross-country, but I had problems because I'm not very good going up hills. When it came to downhill I was passing everybody and I knew I was good at technical riding and at high speed and I had good control of my bike.

They call you "The Arrow," how did you get that nickname?

A guy saw me in a training run and said that I was like an arrow going down the hill.

Do you think that this is what you're meant to do?

That's exactly the feeling I had the first time I rode downhill.

What is the hardest part of riding downhill?

The races, the stress, the people . . . trying always to be perfect everytime you race. I guess pretty much everything.



What do you worry about most before tackling a course?

I worry about not crashing and having a perfect run, going as fast as possible and winning.

What do you think gives you an edge?

I guess it would be my balance. I control my bike very well. I'm always in control.

Do you ever feel that it's getting away from you?

Sometimes. I get a bit scared, but I usually have lots of control over my bike.

How do you prepare for a race?

For the season I try to train a lot . . . intervals, sprints, to get into better shape so I can go 100 percent. The day before a race I eat a lot of pasta and things to supply my muscles with energy. I try to get to sleep as early as possible to get really energetic for the next day. In the training I walk the course, check all the lines possible, try them, I usually do five or six runs a day. Some of them I walk back to try technical sections that I didn't have down before.

What about on race day?

On race day I think the course over in my head. I check the lines in my head. I think about the speed I need to go through the curves. The morning of a race you only get one training run.

What do you think about at the top of the hill before you do a run?

I think about the course and where I've had problems on the run before. I visualize the course, every rock, every root, every turn.

I understand that you've had some health issues to deal with throughout your life.

When I was young I was often sick, but my mom took care of me. She gave me good food and always tried to give me the vitamins I needed and that helped me alot. Then when I started training that helped me to get over my asthma. Alot of training and good food. I still get sick sometimes, but it's not as bad as before.

What other sports have you been involved in?

I did skiing, snowboarding, ice hockey . . . I'm pretty much a multi-sport guy.

You're a bit of a speed demon, aren't you?

Ya, I love it. I love the competition too.

What's the fastest speed you hit on a downhill run?

On the course at Mont Ste. Anne I can hit almost 95 km/h. The course I was at last weekend, at Kamloops, I could get maybe 80 km/h, in the woods . . . technical . . . pretty fast.

How would you describe the typical course? Are they open ski runs, or do they tend to be gladed trails?

It's always on tight technical trails. It's very rare that you'll get an open fast section.

What plays a bigger factor, technique or speed?

It's a bit of both. To keep your speed you need to be good technically, to make sure you don't crash. If you just go fast and you have no technique you'll just crash and get hurt. It takes discipline too.

What kind of bike does it take to do downhill?

To race at a high level you need a very special bike. Full suspension, disk brakes, great tires. You need a durable frame. You need body protection as well.

What does a bike like that cost?

To compete at the national level you need a bike that costs \$7,000 - \$8,000.

Who tunes your bike?

I tune my own bike. After every downhill day and before the races I need to bleed the brakes, adjust the gears, check the tires.

Do you see a future in downhill mountain biking, both as a sport and for yourself?

I see a future for me on the downhill circuit . . . maybe World Cup, but definitely Canadian Cup. I'm already turning in good times as a Senior Elite (division) and top ten sometimes, but I still have a few years to go before I'm there. As for the sport, alot of people love the sport. Alot of people like the adrenaline rush and the speed.

Will it ever be an Olympic sport?

People are pushing for it. There are alot of women doing the sport and there is pressure on the Olympic committee to accept it.

What is the best part of mountain biking?

The best part is the freedom. I love the sport and I love the speed.

What's the worst part?

The worst part, well the biggest challenge is to be perfect at every race. If you miss your line you can blow the whole race.

Have you ever been hurt in a crash?

Not yet. I've sometimes crashed pretty hard and I was hurt for maybe a week, but I never broke any bones. Cuts, bruises, but never a big injury.

Is crashing an unavoidable aspect of the sport?

For some people I guess it is, but me . . . I really don't like crashing. I've heard of some riders getting thrown off their bikes and running into trees.

What about the fear factor?

Fear is pretty much everything when it comes to winning or losing. Some people have no fear, but they crash. The fear is control for the bike.

Do you have a bigger fear of crashing, or of not winning?

For me it's a bigger fear of not winning.

What motivates you?

I love to win and I hate to lose. Every time I lose I want to come back stronger for the next race. I want to be one of the best in the world.

What is your training schedule like?

I train 12 months a year. After the season I cool down and train only three times a week, not hard, but after that I go back to hard training - endurance, sprinting - maybe five or six days a week, three hours a day.

Where do you see yourself in five years?

I hope I'm on the World Cup (circuit) with a big team. I hope to be a role model for young people.

Any advice for young people who want to get into competitive riding?

You need to be motivated and disciplined. No drugs, no alcohol. You need to follow your dreams.

Kwanah wanted to thank his sponsors: Balfa Cycles, Premontex, the Wendake Band Council, and Record cycles. Upcoming races in Quebec include a World Cup and Quebec Cup event at Mont Ste. Anne, August 24-26, and the Quebec Cup Final at Bromont, September 2-3. With an annual operating budget estimated at over \$85,000, sponsorship is always a concern for Kwanah. Any interested parties should contact The Native Trail / La Piste Amerindien. (www.autochtones.com) (telephone contact: Bernard Cleary 418-842-3282)

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Hip Hop to the Bop Rez Style

Hip-hop, many people will agree, has, is and always will be part of our Native culture. The sound of the drum has always been a part of the Native culture. "We've always had drums - forever," says Derek Edenshaw, aka Manik, a 21 year-old Vancouver-based rapper. "It's not more complicated than that. These are new forms and adaptations of those drums and rhythms..." he adds. They are also a big part of the hip-hop culture. About 99% of hip-hop songs have drum sounds and they will have a great influence on the song. Without them, the music would sound completely different. A lot of hip-hop fans would be disappointed if they took away the heart of the sound.

Too many of the people that have gone unnoticed in the world of hip-hop are Native. People don't seem to pay as much attention to them as other rappers. But the world has led many Natives into believing that being Native is not the best thing to be, which makes them hesitate about coming out into the world as Native artists. This causes the Native groups to stay underground, never really achieving the rise of a hip-hop phenomenon. So many Native teenagers have the talent, the enthusiasm and the willingness to go out and become a voice for us, but no one gives them any chances. They start out in their basements, writing lyrics to their songs and recording them on tape. Once in a while they will perform in public if they are lucky. That gives them an extra push in the music business. Some people have put their fear of being rejected aside and have plunged into the world of hip-hop. A number of groups have made it and others are on the verge of being merged with the rest of the hip-hop family but in a different category. There are many different categories. The moneymaking category is the commercial category. These are the people that make music because there's lots of money to be made in that business. Then there's the category where people sing because it's their passion. They will sing for what they believe and whether or not the public likes them is not a deciding factor that will make them change their music. Most of the Native artists are from that category. They will sing for what they believe and not let the public's response bother them, as long as they're getting out into the world what they want the world to hear.

FBI Jedeyez is an Eeyou Estchee based group who are definitely going to make it in the world of hip-hop. They

are, by far, the best Native hip-hop group out there. Not only are they the best Native hip-hop group but I think that many people will agree with me when I say they are THE best hip-hop group out there. The group was put together about 10 years ago, in 1991. They've made a huge advance on the world of hip-hop since then. They've performed in many places from Waswanipi to Toronto, to Los Angeles, to Washington, D.C. Many of you may have already heard of them. The main MC, Chief Rock, the DJ, Kemozabi, other MC's, Kode Red, Johnny Juxx, Grim, Buddha and a few more. They have yet to become the world champions of hip-hop. Look out for them P.Diddy, the FBI Jedeyez are coming your way to take you out for good! I've personally met this Native group and know for a fact that they will make it out there without sweating it. They have extraordinary talent and they are putting it to good use. They recently took part in a show that was held in Mistissini and they made the crowd go wild with their beat boxes performed by Kode Red, their talent and their on-stage performance. All in all, they rocked the show!!! Way to go Jedeyez!

Apart from the FBI Jedeyez, there are a few more Native hip-hop groups out there that are worth mentioning. For example: **WarParty**. The group is made up of five people: Rex Smallboy (Executive Producer and founder of War Party Entertainment), Cynthia Nicotine-Smallboy (War Party's leading lady), Karmen Omeosoo (head lyricist), Bryan Omeosoo (political emcee), and deejay Ryan Small. The band members all reside on the Four Nations Reserve in Hobbema, Alberta. They have been independently making their music since 1995. Another hip-hop artist that has made it already made it and is still working on his talents is the Native we all know as **Litefoot**. Not only did he come out with his own albums but he also starred in a movie many loved, *The Indian In The Cupboard*, which was released in 1995. Most of you probably recognized him but if you didn't know before, now you do. He plays the Indian Little Bear. Obviously this artist is multi-talented and has much going for him. Keep up the good work Litefoot.

With all the talented Native groups out there, there is bound to be someone to represent Eeyou Estchee. Come out from the dark and show us your talented faces.

News Release

CANADA & THE SOFTWOOD LUMBER AGREEMENT



It is with regret that we see the actions of Canada and Quebec in regards to the negotiations on the Softwood Lumber Agreement between the United States and Canada. Quebec is asking that the United States exempt the Quebec forestry companies from a large part of the U.S. case against the Canadian forestry industry. Quebec is asking for a province specific countervailing duty and Canada has supported that request in writing. This is done with a complete disregard for the Cree position that the Quebec forestry industry is built on the backs of the Crees. This is done with a clear message that Canada and Quebec do not intend to honour their fiduciary obligations and the James Bay and Northern Quebec Agreement. Within the JBNQA there are environmental reviews that must be carried out and these have not been done in regards to forestry.

Forestry operations are interfering with the Cree way of life yet it seems that Canada and Quebec do not intend to honour that JBNQA guarantee either. We say that there are hidden subsidies, a violation of the Free Trade Agreement, and that the true cost is being borne by the Crees.

Canada and Quebec do not listen to the Crees.

We believe it is time for a change.

It is time for fairness and a time for listening.



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GRAND COUNCIL OF THE CREES (EYYOU ASTCHEE)
GRAND CONSEIL DES CRIS (EYYOU ASTCHEE)



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CREE REGIONAL AUTHORITY
ADMINISTRATION REGIONALE CRIE

Youth Summit in Waswanipi



Hello, my name is Jesse Tawen:rate Deer and I come from the Mohawk reservation of Kahnawake. Last week a delegate named Tracey Deer and I went to the Cree community of Waswanipi for the first Aboriginal Youth Summit. The Youth Summit was created by the Assembly of the First Nations of Quebec and Labrador (AFNQL). In the summit we were to discuss issues in our communities such as: alcoholism, drug addiction, justice, high school drop-outs, suicide... but not in that order. It was a pleasure to see the peoples from the different nations and communities get together and discuss current issues among our communities. The first morning I felt was a little slow because of the long speeches and such. But the first night we arrived in Waswanipi we were welcomed like people from the community, we went to the local youth center and had a banquet followed by games. Later on in the evening we were paired up with youth our own age from Waswanipi. I met a nice kid, his name is Naveron, he knew me for about ten minutes and already invited me over to his house to spend the night. To avoid confusion we arrived on a Monday while the gathering started on Tuesday and went through Thursday.

Wednesday morning we discussed what we had talked about yesterday and what solutions we had came up with. Then we were to discuss political issues in and among our communities. It wasn't much of a surprise to find out that most of our issues were the same. We were separated three times into different groups. First, we were mixed with people from different Nations working together, then we were sent as one Nation per table, and finally we were divided into groups of men and women. I think it was a good idea to separate the men from the women because women and men may have two different points of view

on the topic of discussion. That evening there was a public speaking contest. There were six contestants, but one dropped out of the competition. Two of the five speeches were in French and then it was time for the entertainment. There were four entertainers, but we had a surprise coming up. The surprise was a band called The Tea Party. The lead lyricist Jeff played three acoustic versions of their songs. That night all of the entertainers were Native except for The Tea Party. The judges had to decide who would be the top three contestants. They were Derrick Neeposh from Waswanipi, Janie Wapachee from Ouje-Bougoumou and myself. There were prizes to be won and awarded. First prize would walk away with five hundred dollars, second prize would walk away with three hundred dollars and finally third prize would walk away with two hundred dollars. I had already made friends with the other two contestants when we were standing there. I remember saying "either way all of us are walking out of here with money." After that comment it was on with the contest and we were asked one follow-up question by one of the judges. In the end Derrick Neeposh won first prize, I won second prize and Janie won third prize. The evening ended with a series of square dances. I had jigged in one called a Snowball where you separate and come back with a new partner, then we made a big circle and each couple went in the middle and danced. On the final day we did what we usually did... we started a little bit late. We were ready to start with our activities except we had to wait for one of the youth to say the opening prayer. Since no one volunteered I went up and said the first part of our Mohawk prayer. That day there was a presentation of the social issues which we had done the first day. We went down the list carefully and went issue by issue. We looked at the definitions we had come up with in other words what we thought each issue



**Attawapiskat
First Nation
Technical Services**

NOTICE

ATTENTION ALL MEMBERS OF THE ATTAWAPISKAT FIRST NATION RESIDING OFF-RESERVE

Attawapiskat First Nation advises that De Beers Canada Exploration Inc. is currently undertaking an Advanced Exploration Programme on the Victor Kimberlite 60 miles / 100 kilometres west of the community. Attawapiskat First Nation wishes to keep community members aware of its progress and plans. However, many of the First Nation members are living "off Reserve".

If you are a member of the Attawapiskat First Nation and you are living off reserve and you wish to receive periodic information updates on this programme, please ensure that the Band Office has your full name and current mailing address.

De Beers will be providing the Band Office with copies of a newsletter to be delivered to every household within the community. It will also be providing the Band Office with additional copies to mail to those community members who are interested and are living off reserve.

**If you have any questions, please contact the Project Liaison Coordinator,
Mike Gull, at either telephone number 705-997-2291 or facsimile 705-997-2305**

CRTC Reviewing Rules for Local Telephone Service Prices

Regulatory rules regarding local telephone service prices are now under review by the Canadian Radio-television and Telecommunications Commission (CRTC) as part of Public Notice CRTC 2001-37 - Price Cap Review and Related Issues. As part of this process, Bell Canada has filed proposals with the CRTC that are intended to:

- Ensure that competition is maintained and encouraged in Canada's healthy, competitive telecommunications market;
- Encourage investment in the communications industry, ensuring continued innovation and leading-edge technology;
- Extend and improve local service in many remote areas; and
- Ensure prices for local service remain affordable.

Canadian Industry Facts

Today, Canadians benefit from a world-leading communications industry with some of the most advanced and lowest priced telephone services anywhere.

- Canadian prices for basic local service are lower than comparable services in other major industrialized countries.
- Long distance prices in Canada have fallen more than 40 per cent since the introduction of competition.
- Close to 99 per cent of Canadians have basic telephone service, a higher percentage than in the U.S.
- Canadians benefit from the world's lowest prices for Internet access (both dial-up and high-speed).

For many services, such as long distance, wireless and Internet access, Canada's low prices are a direct result of competition and clearly demonstrate the benefits of reliance on market forces.

Highlights of the Bell Proposal

While the prices for many services are subject to market forces alone, local telephone services, such as the basic connection to the home and office and payphone services, are subject to a number of regulatory rules. Bell's proposal, which would come into effect over a four-year period beginning in 2002, does not call for specific price changes for regulated services. Rather, it recommends a framework that would limit any local service price changes, subject to CRTC approval, based on the following:

- Monthly prices for basic local residential and business services in most areas could increase, on average, by no more than the annual rate of inflation;
- Monthly prices for basic service in rural and remote areas - where prices today are far below the cost of providing the service - could increase by no more than \$2.00 each year, to a maximum monthly charge of \$29.65 at the end of the four-year period;

- Ongoing monitoring of the effects of price increases on affordability would continue;
- Customers would receive rebates if CRTC-mandated quality of service indicators were not met; and
- The flexibility to increase prices of payphone service (affecting indoor payphones only, where the price could increase over the four-year period to 50 cents per call). Payphone prices have not changed since 1981.

And with our latest Service Improvement Plan, Bell is proposing to invest \$41 million to connect, over two years, more than 500 remote localities in Ontario and Quebec where basic local telephone service is currently unavailable.

Through gradual and moderate increases in basic residential service prices, service would remain affordable, while encouraging greater competition and innovation.

How to Participate in the CRTC Proceeding

Initiated in March, 2001, the Price Cap Review and Related Issues proceeding follows up on key regulatory decisions that opened up Canada's telecommunications industry to competition in the 1990s.

If you would like to file written comments, please do so by writing to the Commission, with a copy to Bell, by October 15, 2001, at the following addresses:

CRTC:
Secretary General
CRTC
Ottawa, Ontario
K1A 0N2
Fax: (819) 953-0795
E-mail: procedure@crtc.gc.ca

Bell Canada:
R.F. Farmer
Vice-President - Regulatory Matters
Bell Canada
Floor 5, 105 Hotel de Ville
J8X 4H7
Hull, Quebec
Fax: (819) 773-5629
E-mail: bell.regulatory@bell.ca

A public hearing is scheduled for the first two weeks of October in Hull, Quebec. October 1, 2001, is reserved for comments from the public, which may be given in person or by teleconference. To present oral comments, you must register by writing to the CRTC at the above address by September 20, 2001, specifying whether you intend to participate in person or by teleconference.

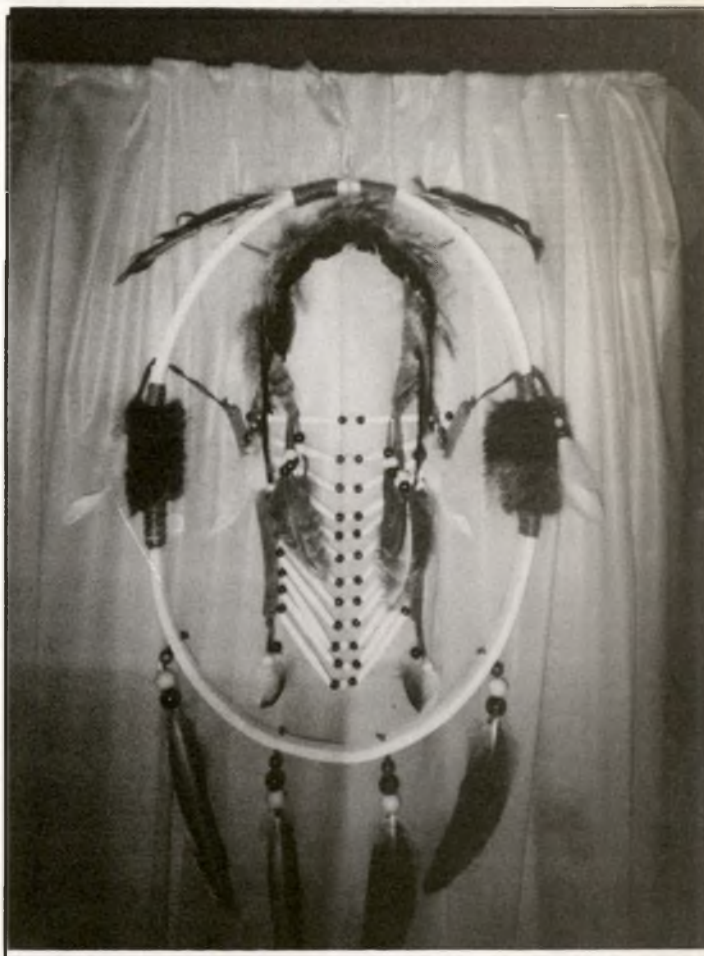
Please note that more information about the proceeding is available on the CRTC web site (<http://www.crtc.gc.ca/PartVII/Eng/2001/8678/C12-11.htm>) or by calling 1-877-249-CRTC (2782).

Bell's proposal is also available for examination on the CRTC web site. If you have questions specific to the Bell proposal, please call 1 866 625-0586.





meant. We also discussed the solutions we had devised. The floor was open to any suggestions anybody had so it was also a chance for the observers to take part in the gathering and discuss issues with the delegates. We then had a break for lunch and after lunch we continued with the discussion on different solutions we could think of to better our situations. Then there was a decision to make about what the new regional youth council should be like. We were given a draft on what the council would look like and what they would deal with. There needed to be changes with that draft, but it was said that there would be changes with the draft. We also needed to decide who would be on this new council. It was said that it would be one representative from each nation, Tracey and I had a tough decision facing us because unlike the other Nations there were only two of us that represented the Mohawk Nation. It was a weird position to be placed in because we had both wanted to be a part of something this spectacular. In the end we came to the conclusion that Tracey should be the representative because she is older and has a lot more experience. Besides, I really wanted to start a youth council in Kahnawake because we did not have one. We had one for a brief period in the past but no one knew about it. So Tracey is representing the Mohawk youth on a regional level and I plan to represent Kahnawake youth on a local level. After the new council was formed, we congratulated the new council members, then we had all joined hands and made a circle. I felt we were following the theme of the gathering which was "The New Circle." It was, to me, an inspiring sight to see all ten of the First Nations gathered as one in harmony. I believe that there should be another gathering because it was great to see all of the Nations united. In closing I would like to say this to the other delegates that I didn't have the chance to say: We are united as one forever in the circle that we have created, may the creator watch over you in all of your endeavors.



Best of James Bay Survey

Back by Popular Demand

Individual Awards

Best Community Contribution
(Man) _____
Best Community Contribution
(Woman) _____
Most Outstanding Elder _____
Most Outstanding Youth _____
Most Outstanding Tallyman _____
Best Hunter _____
Best Fisher _____
Fastest Goose Plucker _____
Best Storyteller _____
Best Politician _____
Most Disliked Politician _____
Best Band Council _____
Worst Band Council _____
Cree most Likely to Change the system _____
Best Athlete _____
Best Cook _____
Best Musician _____
Best Artist _____
Best Cultural Contribution _____
Best Cree Media (person or organization) _____
Funniest Cree _____
Smartest Cree _____
Best Pool Player _____
Best Gossiper _____
Best Checkers/Chess Player _____
Best UFO Sighting Spot _____
Best Umpire or Referee _____

Consumer Awards

BEST AUTO DEALER

Hardy Ringuette ☐ Aubé ☐ Gareau ☐
Barrate ☐
Automobile Chibougamau ☐ Veillette & Johnson ☐
Other (Specify): _____

BEST SNOWMOBILE DEALER

Ou Jai des Sports ☐ Indoho ☐
Other: _____

BEST RESTAURANT

Del's Restaurant ☐ Brien's ☐ Bar-B Barn ☐ Jacob's ☐
Kanio-Kashee Lodge ☐ Waswanipi Cafeteria ☐
Other: _____

WORST RESTAURANT

Kilometre 381 ☐ Moulin Rouge (Chiboug.) ☐
Other: _____

Best Hamburger

McDonald's Big Mac ☐ Jacob's ☐ Waswanipi Caf. ☐
Other: _____

Best Pizza

Mike's ☐ Pizza Hut ☐ Chisasibi Mitchuap Rest. ☐
Waswanipi Caf. ☐ Other: _____

Best Bar/Club

Winnie's ☐ Château Louis ☐ Château Inn ☐
Boréal ☐
Other: _____

Best Grocery Store

Meechum ☐ Chisasibi Co-Op ☐ Oudaa Store ☐
Other: _____

Rowdiest Bar

Château Louis ☐ Mont Bar ☐
Other: _____

Best Hotel

Sheraton Centre ☐ Journey's End ☐ Eskers ☐
Confortel ☐ Escalé ☐
Kanio-Kashee Lodge ☐ Other: _____

Best Hunting Supplies

Sport Expert (Rouyn) ☐ Ferplus ☐ Le Baron ☐
Other: _____

Best Fishing Supplies

Sport Expert (Rouyn) ☐ Western ☐ Le Baron ☐
Ferplus ☐ Other : _____

Best Sports Supplies

Podium ☐ Sports Express ☐ Sport Expert (Rouyn) ☐
Other : _____

Best Bridal Shop

Jaymore's ☐ St. Hubert St. Plaza ☐
Other : _____

Best Flower Shop

Helene Fleuriste ☐ Diane Fleuriste ☐ Serlivard ☐
Other : _____

Best Jewellery Shop

Bijouterie Riche Or ☐ Bijouterie Baribeau ☐ Bijouterie
Val D'Or Enrg. ☐ Other : _____

Best Children's Clothing

Petit Lutin ☐ Géant des Aubaines ☐ The Gap for
Kids ☐ Au coin des petits ☐ Other : _____

Best Toy Store

Toys'R'Us ☐ Dollarama ☐
Other : _____

Best Furniture Shop

Meubles Marchand ☐ Meubles Selections ☐
Ameublement Jeanne Inc. ☐
Branchaud ☐ Other : _____

Best Music Shop

HMV ☐ Musicon ☐ Polyson ☐ Mag Music ☐ Sam
the Record Man ☐
Christian Book Store ☐ Other : _____

Coolest Clothing Store

Le Château ☐ Bo Jeans ☐ Sears catalogue ☐
Stitches ☐ Northern ☐
Other : _____

Best Gift Shop

Wachiya ☐ Hallmark ☐ Michou ☐ Wal-Mart ☐
Other : _____

Favourite Airlines

Air Creebec ☐ Air Wemindji ☐
Other : _____

Best Overall Business

Air Creebec ☐ Cree Co. ☐ Kepa Transport ☐
Cree Construction ☐
Other : _____

Best Town for Shopping

Chibougamau ☐ Timmins ☐ Val D'Or ☐
Montreal ☐ Rouyn-Noranda ☐
Amos ☐ Other : _____

Best New Local Business

OPINION SURVEY :

" If I were Minister of Indian Affairs (please continue) ...

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Let James Bay know what you think!

CLASSIFIEDS

101 - Birthdays

Our baby boy, Shawn Jeremy Jonah Matoush, will be turning one on August 25. Seems like only yesterday, you were bawling like a newborn baby. Oh well, as they say, "Babies grow up fast" and you certainly proved that....don't worry, you will always be our little baby boy. You are growing into such a little mature baby...if there is such a thing. We love you soooooo much: love: mom, dad and all your sisters and your only brother, Buckley.

I would like to wish a Happy Birthday to my parents David Sr. (Sept. 3) & Myrna Natawapineskum (Aug. 23). I will not reveal your ages on here because you would never speak to me again or send me money when I'm away at college. haha-just kidding. I'm sorry I won't be there Dad to celebrate your day with you, but I'm sure "The Boys" will help you enjoy your day. Love always, your daughter, Alexandra (Wemindji)

Dear Sophie Bosum, I just want to wish you a belated "Happy Birthday" and may you have a very special year of Joy! If you come to the 16th Women's Ministries Retreat on Sept. 7-9 at the Confortel, Val d'Or, I have a special surprise for you! You are such a special lady. Love and prayers, SM Register: 819-2733

I want to wish a happy birthday to Mrs. Pat Iserhoff for Sept. 13, Mrs. Evelyn Gunner for Sept. 23 and to Boy Bosum for Sept. 21 and may the Lord bless you with many more years. Thank you for your help in our time of need. Pat and Evelyn, I hope to see you at the Val d'Or Retreat

on Sept. 7-9, 2001 at the Confortel. We all need a fresh touch from the Lord! From Sophie and family.

We would like to wish a belated happy birthday to our little sister, Judy Rose Trapper on Aug. 1st, 2001 and many more to come. We hope that you had fun on your special day in Mistassini. We love you with all our hearts, hoping your day was filled with happiness, love and may all your dreams come true. Take care, sis, we miss you alot. With love, hugs and kisses, all the way from Wask., P.C.C., A.C.C., S.T., R.T. and once again, Bonne fete soeurette.

We wish a belated happy birthday to our auntie, Judy Rose Trapper on Aug. 1, 2001. We love you so much and miss playing with you. From your nephew, Quindon and your niece, Wyonna.

To our uncle, Ronnie'sh Trapper. We wish you a happy birthday on Aug. 28, 2001. We know showing your love is to make us cry, but just wait until

we grow up. Once again happy birthday, uncle. Love, your nephew Quindon and your niece Wyonna.

We wish a happy birthday to a very special person who's kind, smart, cute, brilliant in every special way, our only brother, Ronnie'sh Trapper, on Aug. 28, 2001 and many more to come. Take care of yourself, you are a growing man now. P.S. Ne fait pas ton idiot a ta fete nieceu. From all of your sisters.

To my one & only love, Charlie: hope you enjoyed your birthday on August 2! I will always love ONLY you! Thank you for all the wonderful years and here's wishing many more will come!!!! Love: your wife, Deb.

Hey, there, Charlene, you're 8th birthday is coming up....hope you will enjoy what we've planned for you. Happy Birthday, sexy!! Love Mom (Deb) & Dad (Charlie). We all love you!!

We would like to wish our cousin Garrett from OJ a happy 3rd birthday on August 29, 2001. Hope your day is as special as

you are and we wish you lots of love and happiness. From your cousins in Wemindji: Brayven and Breena Georgekish.

Happy 8th Birthday to our daughter, Brittany, on August 21st. The day you were born was so special. Your arrival was like a miracle in our lives. And ever since that day, you've brought us so much happiness, so many unforgettable moments, so much fun and love. And this year as we celebrate the day when you first came into our lives, we want you to know that you're still a miracle to us. And you always will be. We love you so much. Love always, Mommy (Pauline) and Daddy (Neil) (Waswanipi)

I would like to wish a happy Birthday, to my son, sweet sunshine Alex Isaiah Joseph Wapachee in Nem. who will be celebrating his 3rd B-day in old Nemaska on August 20. Days gone fast but you have always made me feel better ever since you were born. I love you always. With Love, hugs and kisses Mom Mary Jane

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CLASSIFIEDS

Anniversary - 104

We would like to say a Happy 25th Anniversary to our wonderful parents, Fred and Frances Tomatuk, on August 18. We just wanted to let you know how lucky we are to have you guys as our parents. We couldn't ask for better parents, 'cause you guys have what it takes to be parents. We love you so much. From: Clayton, Randy, Betty and Justin.

300 - Personals

Congratulations to my friend Louise Hester and her husband Glen Wadden on their marriage on July 6, 2001. Wishing you a lifetime of Love and Happiness. With Love, Lorraine J. (Wask)

400 - Events

Special invitation going out to

Eva O.Georgekish and to all the ladies from Wemindji: It would be a pleasure to have you ladies come to the W.M. conference at the Confortel in Val d'Or September 7-9, 2001. Concert with Pam Thum

Inviting all ladies from Val d'Or, Daisy Ottereyes, Betty King and daughters, to a weekend gathering of native women's ministries conference to be held at the Confortel in Val d'Or September 7-9, 2001. H.C.

Attention all ladies: since you now have a new road we are inviting you ladies from Waskaganish to attend the W.M. Conference at the Confortel in Val d'Or September 7-9, 2001. Guest speaker: Sandra Gill Concert with Pam Thum

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The atmosphere is *relaxed and casual*, warm and welcoming. While maintaining the comfortable pinewood furniture, the renovations concentrated on the corridor, rooms, and dining room floor, with an upgrade in the décor.

Aside from this beautiful establishment, Auberge Capissis Lodge is nestled in the remarkable UN *award winning community* of Ouje-Bougoumou with a splendid *view of Lake Opemiska*. Even with everything at a walking distance, Ouje-Bougoumou boasts a great deal of activities. Though sightseeing may be enough for some, other activities are available such as *kayaking or canoeing* on the lake, *cycling* in the beautiful community or on its numerous trails, or *hiking* up to Mount Opemiska.

Auberge Capissis Lodge is a harmonious blend of *modern and traditional*. A revitalizing northern escape for the weary southerner yet not out of reach from the outside world. Our establishment provides a hotel, a family style restaurant & catering services. We have twelve (12) rooms which include; one (1) handicapped room, two (2) suites & nine (9) rooms with two double beds. All rooms also have a coffee maker, a television with satellite, and a washroom with a shower.

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We at the Nation apologize for any errors we made last issue on this ad

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